WEST LAKES SHORE KINDERGARTEN
FOOD POLICY

At this kindergarten we promote healthy eating habits for your children, but are also mindful of providing a safe environment for ALL children, including those with allergies. For some children means that the slightest exposure (even without eating the foods) could endanger their lives. Consequently these foods must not be brought into the Kindergarten, and may not be included in any lunch or fruit snacks for your child. **PLEASE ENSURE THAT YOU INCLUDE A FREEZER BLOCK/FROZEN WATER TO INCLUDE IN THEIR LUNCH and SNACK boxes so that food remains cold at all times.**

It is very important that if anyone else brings your child to the Kindergarten that they are made aware of this food policy.

**FOODS WHICH ARE EXCLUDED ALL TOGETHER ARE......**
ALL NUTS
NUTELLA
PEANUT BUTTER
EGGS – also known as EGG PROTEIN, EGG WHITE, EGG YOLK, ALBUMIN, GLOBULIN, OVOMUCIOD, OVALBUMIN, OVOMUCIN, SIMPLESSE, LECITHIN. ANY FOODS WHICH CONTAIN EGGS OR NUTS eg bars etc

**FOODS NOT ALLOWED**
Eggs or any food containing eggs. Nuts or any food containing nuts ie; peanut butter, Nutella, fruit bars, roll ups, muesli bars, chips, sweet biscuits, cakes, donuts, lollies, fruit balls, chocolates, cordial, juice, milk, jelly, muffins,

**FOODS WHICH ARE ACCEPTABLE FOR Snack time are:**
FRESH FRUIT – apples, bananas, pears, apricots, watermelon, strawberries etc
DRIED FRUIT - sultanas, dried apricots, dried pears etc
FRESH VEGETABLES - cherry tomatoes, cucumber, carrot, capsicum, olives etc
CHEESE - block cheese, Kraft wedges, Kraft cheese sticks only

**WATER IS THE ONLY ACCEPTABLE DRINK.** You may supply water only in a drink bottle or the children may use the water fountain on the veranda.

**FOODS/DRINKS WHICH ARE NOT ACCEPTABLE AT SNACK TIME ARE:**
FRUIT BARS
ROLL UPS
MUESLI BARS
DONUTS
LOLLIES
Packed Fruit/in liquid
RICE CRACKERS/ CAKES
YOGHURT/CUSTARD
SANDWICHES
CHEESE DIPPERS/ VEGEMITE
DIPPERS/ PEANUT BUTTER
DIPPERS/CHIPS
SAVOURY BISCUITS
SWEET BISCUITS/ CAKES
MUFFINS
CORDIAL
FRUIT JUICES
MILK DRINKS

**ALL CHILDREN PARTICIPATING IN OUR FULL DAY PROGRAM**
In promoting a balanced and healthy diet and a safe environment for ALL children we ask families who participate in our **full day program** to follow the guidelines listed below:

Lunch boxes will be placed on the shelf near the Fees box (on back wall). Please pack a freezer block with their lunch, especially in the warmer months as we do not have sufficient fridge space for children's lunches.

**PLEASE REMEMBER TO PACK A SPOON FOR YOUR CHILD IF NEEDED** (They are sent back home in their lunch boxes).

Please do not over pack the child's lunch box as although a variety is great, young children often seem to think they have to eat everything in their lunch box. We encourage children to eat as much of their main meal as they can, e.g. sandwich, before they can move onto other things.

**PLEASE TURN OVERLEAF**
Fruit and vegetable snacks are to remain in the child's kindy bag for the morning and afternoon, not in their lunch boxes.

**PLEASE CHOOSE ONE OF THE FOLLOWING AS THE MAIN MEAL IN YOUR CHILD’S LUNCH BOX:**
Please supply a small drink bottle of water for lunchtime, and one in the kindy bag for play time.

1 x savoury sandwich (no eggs or nut products)
OR
cold meat/s and salad
OR
salad
OR
rice cakes with savoury filling (no eggs or nut products)

**PLUS ONE OF THE FOLLOWING**

fresh fruit / vegetables, dried fruit

**AND ONE OF THE FOLLOWING AS A SPECIAL TREAT for LUNCH ONLY**

rice cracker biscuits, cheese or vegemite dippers, yoghurt, custard, cheese, savoury shape biscuits (either in the little packs or a few in a zip lock bag) rice wheels, plain popcorn (either in little packs or a zip lock bag), fruit cups in juice (not in jelly though).
Please keep in mind that we don't allow egg or nut products.

**DUE TO THE RANGE OF ALLERGIES AT OUR KINDERGARTEN IT IS IMPORTANT THAT WE KEEP THESE GUIDELINES IN PLACE....**